



20112 – Diabetes – Integrated Care

João Filipe Raposo

University Degrees:

- Medical doctor (28/July 1988) – Faculdade Medicina da Universidade de Lisboa (Medical School of Lisbon University)
- PhD (15/Oct/2004) – Faculdade de Ciências Médicas de Lisboa (Medical Sciences School of New University of Lisbon) - Endocrinology (Calcium Physiology Models)

Professional Background:

- Monitor of Physiological Chemistry of the Medical School of the University of Lisbon 1985-1990
- General Residency in Medicine 1989-1990 – Santa Maria Hospital, Lisbon
- Residency in Endocrinology 1991-1997 – Endocrinology Department of the Portuguese Cancer Institute in Lisbon
- Assistant of Physiological Chemistry of the Medical School of the University of Lisbon 1990-1991 and 1993-1994
- Assistant in Endocrinology since 1998 – Endocrinology Department of the Portuguese Cancer Institute in Lisbon
- Assistant of Endocrinology since 1997 - Portuguese Diabetes Association
- Consultant of Endocrinology since 2006 - Endocrinology Department of the Portuguese Cancer Institute in Lisbon
- Consultant of Endocrinology since 2006 - Portuguese Diabetes Association
- Assistant Professor – Public Health Department – New University of Lisbon since 2006
- Clinical Director since 2008 – Portuguese Diabetes Association

Communications and Publications:

- 48 communications in International Meetings
- 90 communications in Portuguese Meetings
- 27 articles in International Scientific journals
- 31 articles in Portuguese Journals
- 12 chapters in International Scientific Books
- 16 chapters in Portuguese Scientific Books

Main Interest Areas:

DIABETES

- Basic Research in cooperation with Medical Schools
- Therapeutic Education

MATHEMATICAL MODELS

- Calcium Metabolism



Rogério José Tavares Ribeiro

Currently, I'm an invited Assistant Professor at the Department of Medical Sciences, University of Aveiro, and a post-doc researcher at APDP – Portuguese Diabetes Association and at CEDOC, funded by FCT – Foundation for Science and Technology.

I have a degree in Biology, from the Faculty of Sciences, University of Lisbon (1998) and a PhD in Biomedicine, from the Faculty of Medical Sciences, New University of Lisbon (2010).

Since 1999, I pursue research in the field of Diabetes, first in animal models and cell cultures, and currently in clinical studies and implementation research of healthcare, namely the betterment of pathways for Diabetes prevention and management. I participated in several national and European research projects in these areas (ex: Joint Action CHRODIS, PREVADIAB2, MANAGE CARE, EU-CDEC, PRE-START) and more recently the JA CHRODIS PLUS and the ProEMPOWER European project. I was also the Principal Investigator for an exploratory project dedicated to alternative biomarkers of glycemetic control, supported by a Foundation for Science and Technology (FCT) grant.

My main research interests are to understand how integrated care for diabetes-centered multimorbidity can be implemented in the real world scenario, how to empower patients while simultaneously using technologies to provide them with remote support.

Additionally, I'm increasingly involved in impact assessment of public health interventions and policies, especially as co-leader of the evaluation work package in CHRODIS, the European Joint Action for Chronic Diseases.

I have received several awards and distinctions, being the most recent a Research Grant from the Portuguese Society of Obstetrics and Neonatology (2017) and Nuno Castel-Branco Fellowship from the Portuguese Society of Diabetology (2016).

Since 2001, I've contributed to 35 peer-reviewed papers (ORCID 0000-0001-8840-7208), and presented dozens of oral and poster format scientific works. Additionally, I've participated in outreach activities aimed at patients and the general population.

M Paula Macedo

M Paula Macedo head both the metabolic diseases research (MEDIR) group and APDP – ERC research center which are committed simultaneously in establishing an integrated picture of the etiological processes that determine the development of pre-diabetes and diabetes. She supervised 21 concluded PhDs (6 ongoing), all followed a postdoctoral formation, 6 are pursuing their careers as scientific investigators (academic, clinic, and private). The incorporation of clinician scientists in the research groups warrants the translation into the clinics. The privileged position as a co-coordinator of the APDP-diabetes Portugal, the oldest patient association in the world and one of the biggest outpatient clinics exclusively dedicated to diabetes, allows an exceptional scientific environment which aims at early-detecting biomarkers for disease stratification and design new precision medicine approaches.



In the early times as PI, she dedicated her scientific career to pre-diabetes/ diabetes addressing the hypothesis that its etiology is diverse. My first approach was to understand the sub-cluster of people that had impaired postprandial glucose homeostasis. In this field,

M Paula Macedo made advances in the description and explanation of meal-induced insulin action/ sensitization in pre-diabetes and diabetes related pathologies. In the last few years, her interest is focused on the impact of impairments of the autonomic nervous system on glucose and lipid metabolism and in the genetics and environmental factors controlling insulin clearance and insulin resistance at the pre-diabetic stage and its contribution to NAFLD/NASH. More recently her research has been focused in a truly translational work covering the triangle of the gut-brain-liver in the control of NAFLD/NASH within the diabetes pathology and other comorbidities.

M Paula Macedo have been awarded several grants as a principal investigator on my preferred research subjects on both basic and clinical research. Apart from her principal investigator role, she coordinates the Educational and Research Center of the APDP-Diabetes Portugal (APDP-ERC) and the Centro de Doenças Crónicas (CEDOC) of NOVA Medical School. Professor Macedo has also been actively involved in promoting diabetes research in Portugal and abroad. Due to her personal involvement to impulse diabetes research in Portugal, M Paula Macedo was the first researcher to belong to the directions of Sociedade Portuguesa de Diabetologia and APDP-Diabetes Portugal.

Lurdes Serrabulho

Lurdes Serrabulho is a nurse, specialized in Public Health and works at the Portuguese Diabetes Association for 27 years, with experience in diabetes consultations, group education sessions, courses and training for HCPs. She worked with children, youngsters and parents in individual and group appointments and summer camps for 15 years and developed a research about “The Health and Lifestyles of Adolescents with Type 1 Diabetes” during her Master Degree in Educational Sciences. In 2015 she got her PhD with a research about “The Health and Lifestyles of Young Adults with Type 1 Diabetes”.

Currently she is APDP’s Training and Nursing Coordinator.